

## **Custard (Makes 600ml)**

### **Ingredients**

60g skimmed milk powder

20ml MCT Oil

600ml cold water

2 tablespoons custard powder – check fat content on label

1-2 tablespoons granulated sugar

### **Method**

1. Blend the milk powder and oil together until the oil is absorbed.
2. Whisk in the water.
3. Reserve a little of the milk mixture and put the rest on to boil, heating very slowly.
4. Blend the custard powder and sugar with the cold milk.
5. Pour onto the boiling liquid and mix well.
6. Return to the pan and bring to the boil, stirring continuously.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics